



# Safe Food Handling for Picnics, Outdoor Parties, and Grilling

## Foodborne Illness (food poisoning)

*occurs when food or beverages are contaminated by a disease causing pathogen (bacteria, virus, or parasite), toxin or chemical. Common symptoms are nausea, vomiting, abdominal cramps, fever, and diarrhea.*

*If you become ill with these symptoms you should see your doctor and have your stool tested for infection.*

For more information contact your local health department:

Caroline: (804)-633-5465

King George: (540)-775-3111

Fredericksburg: (540)-899-4796

Spotsylvania: (540)-507-7386

Stafford: (540)-288-9239



## Prevent food poisoning :

- ◆ **Always wash your hands** before making food or eating. Handwashing is the best way to stop the spread of germs from your hands to the food being served to family and friends.
- ◆ **Do not cross contaminate.** Always separate your raw foods from your prepared foods and wash utensils used to handle raw meat thoroughly.
- ◆ **Never keep food at room temperature.** Cold foods should be kept at a minimum of 41°F or cooler and hot food kept hot at 135°F or higher.
- ◆ **Keep track of time.** Do not allow the cooked or prepared food to be left out for more than 4 hours.
- ◆ **Cook food to their proper temperatures.** Here are some guidelines to cooking to minimum internal temperatures:
  - ◆ Poultry, stews ,casseroles, and reheated leftovers- **165°F**
  - ◆ Ground meat- **155°F**
  - ◆ In shell eggs, fish, shellfish, whole beef, whole pork, and whole lamb- **145°F**

## Keep your food safe:

- ◆ Use ice and coolers to help keep cold foods cold and use thermal bags to keep hot foods hot
- ◆ Any food left at a picnic should be able to be refrigerated within 2 hours. If it has been longer, do not risk it –throw it away.
- ◆ Buy a food thermometer to keep track of the temperature of the food being cooked and left out to eat.
- ◆ Label food with the time it was set out so you know when to throw it away (remember after four hours it cannot be served again).

